



LIVING GLUTEN FREE

A Guide for People Recently Diagnosed with Celiac Disease





If you've just been diagnosed with celiac disease, then you know that the only way to manage your condition is to carefully follow a lifelong gluten-free (GF) diet.

What Happens When You Eat Gluten?

When you have celiac disease, eating gluten damages the intestinal lining of your small intestine and can cause a host of symptoms and health problems.

At first, living GF can seem overwhelming, but don't worry, this brochure contains information that can help you successfully adapt to your new diet.

GF Eating: What to Avoid

Grains containing gluten – wheat (in all its varieties) barley, rye, and triticale (a cross between wheat and rye) – MUST be avoided. When starting your GF diet always talk to a health care professional, such as a registered dietitian with expertise in celiac disease, to learn about what foods are safe to eat.

Reading Food Labels

In Canada, if a food contains gluten, its nutrition label must display the words “wheat,” “barley,” “rye,” “oats,” or “triticale.” If a product contains any of these words, they will appear either in the ingredient list or in the “Contains” statement (the statement found below the ingredient list). Gluten cannot hide in vaguely worded ingredients, such as “natural flavours.” If a food contains an ingredient that comes from gluten, its nutrition label must list it as one or more of these five grains.

In the United States, if an FDA-regulated packaged food product contains protein from wheat, the manufacturer must also list the word “wheat” on the ingredient list label or in the “Contains” statement;

however, the same rules do not apply for barley and rye. Some manufacturers voluntarily list barley and/or rye, but you should look for barley-containing ingredients such as malt, malt extract, malt syrup, malt vinegar, brewer's yeast, etc. See **Label Reading/ Shopping** for the FDA's voluntary GF labelling rule.

Remember – always read labels on products to ensure their ingredients are GF.

For more information, visit www.celiac.ca (under the Diet and Nutrition tab) to view “Getting Started on the Gluten-Free Diet” or contact your local celiac association. Resources for US Residents:



www.beyondceliac.org/gluten-free-diet/getting-started



www.celiac.org/gluten-free-living/gluten-free-foods



www.nationalceliac.org/celiac-disease-resources

Gluten-Free Foods vs. Foods With Gluten

Keep this reference guide handy to help you navigate a GF diet.

Unsafe Grains and Foods that Contain Gluten

• Autolyzed Yeast/Yeast Extract	• Emmer*	• Oat Bran***	• Triticale
• Barley	• Farina	• Oat Gum***	• Wheat
• Barley Malt	• Freekeh	• Malt**/ Malted Barley/Flour	• Wheat Bran
• Bulgur	• Hydrolyzed Wheat Protein	• Roux	• Wheat Germ
• Couscous	• Kamut*	• Rye	• Wheat Gluten
• Durum*	• Malt**	• Semolina	• Wheat Starch****
• Einkorn*	• Oats***	• Spelt (Dinkel, Farro, Faro)*	

Note: This is not a comprehensive list.

* Varieties of wheat. ** Typically derived from barley (flavouring, vinegar, extract, syrup). Avoid unless a GF source, such as corn malt, is named.

*** Pure, uncontaminated, GF oats are safe. **** Avoid wheat starch, a form of wheat, unless labelled GF.

Oats and Pulses

Pure, uncontaminated oats labelled GF are safe to consume. Avoid regular oats, as they can become contaminated with grains containing gluten in the field, during transport, milling and production. Talk to your health care professional or registered dietitian about whether, when, and how to add GF oats to your diet.

Pulses (such as dried beans, peas, and lentils), nuts, and seeds are naturally GF but can be easily contaminated with wheat, rye or barley. Choose pulses labelled GF when possible; rinse canned pulses under running water. Pour dry pulses onto a cookie sheet, sort through them, (to avoid misplaced grains containing gluten) and then rinse well. Choose nuts and seeds labelled GF when possible, particularly seasoned or dry roasted.

9 Lesser Known Sources of Gluten

1. Candies

like licorice may contain wheat flour



2. Chocolate Bars

especially ones with wafers, pretzels, or cookies



3. Deli Meats

like sausages and hot dogs may contain gluten sources used as fillers



4. Dairy Products

like yogurts with granola or cookie dough, some cheese sauces and spreads



5. Potato Chips

may be flavoured with seasoning, containing malt vinegar or wheat starch



6. Sauces

like soy, teriyaki, malt vinegar, gravy, and marinades



7. Alcohol*

including beer, ale, lager, and coolers (*distilled alcohols such as whiskey and vodka are safe to consume)



8. Seasoning Blends

may contain wheat or barley-based ingredients as carrier agents



9. Soups

may be thickened with wheat flour



Always read labels on products to avoid any ingredients that contain gluten.

Safe Grains and Foods

• Amaranth	• Millet	• Quinoa	• Sorghum
• Buckwheat	• Nuts	• Rice/Wild Rice	• Soy
• Corn (Maize)	• Plain Tofu**	• Seeds	• Tapioca
• Flax	• Pulses* (dried beans, peas, lentils)	• Tef/Teff	

Whenever possible, buy naturally GF grains, starches, flours, pulses, nuts and seeds labelled GF to avoid cross-contact with wheat, barley, or rye.

Not sure if a product or food is GF?

Visit celiac.ca/living-gluten-free/peer-support/ or contact your local celiac association to help answer your questions.

Note: This is not a comprehensive list.

*Pulses that are labelled GF are recommended, as they are less likely to be contaminated with other grains. If GF pulses are difficult to find, be sure to thoroughly wash pulses GF and sort before eating.

**Be sure to read tofu labels carefully. While plain tofu is typically GF, flavoured tofu may contain ingredients (such as soy sauce) which are not GF.

Cross-Contact

Cross-contact (also known as cross-contamination) occurs when GF foods come into contact with foods containing gluten, making it unsafe to eat for people with celiac disease. Here are some tips on how to prevent cross-contact:

Organizing the Kitchen

- Store GF foods on dedicated shelves above foods that contain gluten. Label GF foods with a bright sticker.
- Keep separate GF containers for butter, margarine, peanut butter, and jam.
- Use squeeze containers of ketchup, mustard, and mayonnaise.
- Always wipe the surface area and wash your hands before preparing meals.
- Thoroughly wash pots, utensils and dedicated cutting boards before using.
- Avoid sharing wooden utensils, cutting boards, and rolling pins that have been used with foods containing gluten.

Preparing Food/Cooking

- Use a dedicated strainer for GF pasta and a separate toaster for bread, bagels and buns.
- Use paper liners or parchment paper when baking GF muffins, cupcakes or cookies. Make sure you scrub the pans and trays thoroughly before using or buy new ones.
- Use aluminum foil or a removable grilling pan on the barbeque to cook GF food. You can also use silicone grill mats, which are easy to clean and store.

Eating Away from Home

There will be times, such as when you're dining at a friend's house, when preparing your own GF food isn't an option. In such situations, don't feel pressured to eat something if you are not certain it is GF. The following tips can help you avoid accidentally eating food that contains gluten:

- Discuss your GF diet with the host ahead of time or offer to bring your own food.
- Eat at home before going if you are not sure there will be GF items.
- If you see certain items on a buffet table that are GF, make sure they each have their own utensil for serving.

Eating at Restaurants

The key to safely eating at restaurants is communicating with the staff. Tell the chef or manager that you have celiac disease and see if they are able to safely prepare GF options for you. Before heading out the door, ask your local celiac association or search online for restaurants in your area that offer GF options.

Questions to Ask Your Server Before You Order

- Do they have a dedicated prep area for making GF food?
- Do they use dedicated utensils and pots/pans that they clean thoroughly before preparing GF food?
- Do they add ingredients to GF dishes before or after they are cooked (e.g., seasonings or sauces containing flour)?
- Do they use a dedicated fryer for cooking GF fried foods?





Label Reading/ Shopping

To safely follow a GF diet you need to thoroughly read the labels on prepared products every time you shop. **Every time.** Remember – the more processed a food or product, the more likely it is to contain gluten. Even some supplements and medications can contain gluten, so whenever possible, choose supplements labelled GF.

Understanding GF Claims

Certified Gluten Free means the manufacturer has met all of the steps for food production, preparation, handling and testing of GF foods that a certifying body requires.

Gluten Free means the product meets Health Canada’s and the FDA’s GF regulation of containing less than 20 ppm (parts per million) gluten.

Safe Shopping Tips:

- Avoid buying products in bulk bins as there is high risk of cross-contact.
- Avoid a product that contains wheat starch if it is not labelled GF.
- Only buy cereals, breads, pastas, rice cakes, crackers, waffles, pancake mix, baking mixes, pizza crusts, etc., that are labelled GF.

Look for these logos on food labels when you shop:

A collection of four logos for gluten-free certification. From left to right: 1. Canadian Celiac Association logo with a wheat stalk and the text 'GLUTEN FREE' and 'SANS GLUTEN'. 2. 'Certified GF Gluten-Free' logo with a 'GF' in a circle. 3. 'Beyond Celiac Gluten-Free' logo with a green leaf and the text 'GLUTEN-FREE CERTIFICATION PROGRAM' and 'WWW.GF-CERT.ORG'. 4. 'GF CERTIFIED GLUTEN FREE' logo with a green checkmark and 'GF' in a box.

Keeping Perspective When Following a GF Diet

Despite your best efforts, the widespread presence of gluten found in many food products means that you can easily consume it without knowing. Infrequent consumption of gluten is unlikely to cause you long-term health problems, but it can produce acute symptoms.

Some people with celiac disease show few or no symptoms after eating gluten, but you should still avoid it in your diet as intestinal damage and other complications can occur, even in the absence of symptoms.

While living GF can prove challenging, particularly when you travel or socialize, celiac disease is a common worldwide condition and public knowledge of GF eating continues to improve, as does the quality and availability of GF products. To keep up to date on the latest developments in GF eating, contact your local celiac association. They are a tremendous resource for health information on celiac disease and provide a sense of community for the newly diagnosed as well as those who are already living GF.

North American Celiac Associations





www.celiac.ca
905.507.6208 or 1.800.363.7296

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